

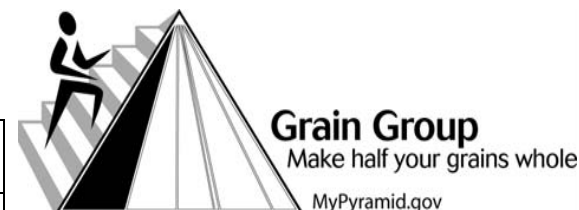
USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

Visit us at www.fns.usda.gov/fdd

B142 – CORNMEAL, DEGERMED, ENRICHED, YELLOW, 10 LB

| | |
|----------------------------|--|
| CATEGORY | <ul style="list-style-type: none"> Grains/Breads |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none"> Yellow cornmeal with most of the germ and bran removed during milling, enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added. |
| PACK/YIELD | <ul style="list-style-type: none"> 4/10 lb bags. One 10 lb bag AP yields about 30 cups dry cornmeal OR about 126½ cups cooked cornmeal and provides about 507.0 ¼-cup servings cooked cornmeal OR 253.0 ½-cup servings cooked cornmeal OR 169.0 ¾-cup servings cooked cornmeal. One lb AP yields about 3 cups dry cornmeal OR about 12⅔ cups cooked cornmeal and provides about 50.7 ¼-cup servings cooked cornmeal OR 25.3 ½-cup servings cooked cornmeal OR 16.9 ¾-cup servings cooked cornmeal. CN Crediting: ¼ cup cooked cornmeal provides ¼ cup cooked cereal grain OR ½ cup cooked cornmeal provides ½ cup cooked cereal grain OR ¾ cup cooked cornmeal provides ¾ cup cooked cereal grain. |
| STORAGE | <ul style="list-style-type: none"> Store cornmeal off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store cornmeal under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |



Nutrition Information

Cornmeal, degermed, enriched, yellow

| | ¼ cup, dry (40 g) | 1 cup, dry (159 g) |
|---------------|----------------------|-----------------------|
| Calories | 147 | 587 |
| Protein | 2.88 g | 11.53 g |
| Carbohydrate | 31.46 g | 125.85 g |
| Dietary Fiber | 1.6 g | 6.4 g |
| Sugars | 0.66 g | 2.64 g |
| Total Fat | 0.71 g | 2.85 g |
| Saturated Fat | 0.08 g | 0.31 g |
| Trans Fat | 0 g | 0 g |
| Cholesterol | 0 mg | 0 mg |
| Iron | 1.42 mg | 6.87 mg |
| Calcium | 1 mg | 5 mg |
| Sodium | 3 mg | 11 mg |
| Magnesium | 14 mg | 56 mg |
| Potassium | 60 mg | 242 mg |
| Vitamin A | 85 IU | 340 IU |
| Vitamin A | 4 RAE | 17 RAE |
| Vitamin C | 0 mg | 0 mg |
| Vitamin E | 0.06 mg | 0.25 mg |



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| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none">• Use as directed in recipes. |
| USES AND TIPS | <ul style="list-style-type: none">• Cornmeal may be the principle ingredient in cornbread, spoonbread, rolls, muffins, or dumplings. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf. |

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